

**EMERGENCY TESTING** All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated..

**REFUND POLICY** Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

**RENTALS** All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

**VOLUNTEERS NEEDED!** Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

**DONATIONS** By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.

**LAP SWIM**

Monday, Wednesday, Friday 6:30 am - 9:00 am  
2:00 pm - 6:00 pm  
Tuesday, Thursday 2:00 pm - 6:00 pm  
Saturday 9:00 am - 12:00 pm

**RECREATIONAL SWIM**

Monday - Friday 2:00 pm - 6:00 pm  
Saturday 9:00 am - 12:00 pm  
Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

**FACILITY ADMISSION FEES**

Adults(16 & older)\$5.00 visit  
or \$95.00 discount pass  
Children/Disabled/Seniors(62 & older) \$1.50 visit  
or \$25.00 discount pass

All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee.  
• Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).  
• Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

**SAFETY CHECKS** There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



# ALLIED GARDEN POOL

6707 Glenroy Street • San Diego, CA 92120

(619) 235-1143 • [www.sandiego.gov](http://www.sandiego.gov)



## Fall 2006 Program

*Effective: September 5 – December 1, 2006*

**PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

## CSDS

### City of San Diego Aquatics☆

The CSDA is a multi-level progressive swim program that offers a range of competitive swimming opportunities. The levels of commitment, training and performance increase with each level of participation. Participants must be able to swim 25 yards of crawl stroke and 25 yards of backstroke.

The White Level is for the swimmer who is new to competitive swimming. The focus of the White Level is placed on the instruction and technique of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) in a fun and social environment. Competition among the 13 City pools is scheduled year around.

The Silver level introduces the athlete to the more structured competitive aspect of swimming. Training and swim meets are planned around the development of the athletes. Competition among the 13 City pools is scheduled year around and competition in sanctioned swim meets may begin at this level with USA (United States Swimming Association) swimming membership. 5 - 17 years

#### WHITE LEVEL

|                           |                   |
|---------------------------|-------------------|
| Monday, Wednesday, Friday | 6:00 pm - 7:00 pm |
| September                 | \$13.20           |
| October                   | \$22.00           |
| November                  | \$16.50           |

#### SILVER LEVEL

|                 |                   |
|-----------------|-------------------|
| Monday – Friday | 6:00 pm - 7:00 pm |
| September       | \$22.00           |
| October         | \$31.90           |
| November        | \$26.40           |



## WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

|           |                     |
|-----------|---------------------|
| Saturday  | 10:00 am - 12:00 pm |
| September | \$13.20             |
| October   | \$11.00             |
| November  | \$8.80              |



## WATER FITNESS

### ABC Aquatic Body Conditioning

This program is a total body conditioning class. This class is a multi-level, low impact, cardio-respiratory workout that is held primarily in shallow water. The emphasis of this class is placed on flexibility, muscular strength and endurance. Participants need not know how to swim.

|                           |                   |
|---------------------------|-------------------|
| Monday, Wednesday, Friday | 8:15 am - 9:15 am |
| Tuesday, Thursday         | 6:00 pm - 7:00 pm |
| Adult/Senior Drop-in fee: | \$9.50/class      |

Registration packages available at:

|                                    |                 |              |
|------------------------------------|-----------------|--------------|
| City of San Diego<br>water fitness | Senior/Disabled | \$2.50/class |
|                                    | Adult           | \$9.00/class |

### LEARN TO SWIM SCHEDULE

\$53.75 Resident/\$107.50 Non-Resident

|            |                                  |
|------------|----------------------------------|
| Session A: | September 6 - September 22, 2006 |
| Session B: | September 25 - October 13, 2006  |
| Session C: | October 16 - November 3, 2006    |
| Session D: | November 6 - November 24, 2006   |
|            | (No Classes November 10, 2006)   |

#### MONDAY, WEDNESDAY, FRIDAY

|                   |               |        |
|-------------------|---------------|--------|
| 4:00 pm - 4:35 pm | Tiny Tots     | Beg. 1 |
| 4:40 pm - 5:15 pm | Advanced Tots | Beg. 2 |
| 5:20 pm - 5:55 pm | Tiny Tot      | Beg. 3 |

## City of San Diego Learn to Swim Program☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

• **TINY TOTS** (3\* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. The class is conducted without parent participation.

• **PARENT/TOT** (6 months to 3 years\*) With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules. This class requires a parent or other responsible adult to participate in the water with the child.

• **ADVANCED TOTS** (3\* to 5 years) Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.



\*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.



• **BEGINNER I** (ages 6 and up) This class is designed for the older child who has had no formal swimming instruction. Students are introduced to the early and basic skills of swimming, as well as pool safety practices.

• **BEGINNER II** (ages 6 and up) Prerequisites: Successful completion of Super Tots or Beginner I class or the ability to perform the same skills. Students are taught to coordinate multiple skills from an effective crawlstroke with side breathing to swimming across the pool with progressive attention to safety and rescue.

• **BEGINNER III** (ages 6 and up) Prerequisites: Successful completion of the Beginner II class or the ability to perform the same skills. Swimmers in this class will strengthen their endurance and coordination of the crawlstroke, be introduced to the skills of elementary backstroke, learn to dive from the side of the pool and increase their knowledge of safety and rescue.

☆ A limited number of scholarships (based on financial need) are available, please contact Pool Manager for more information.

